

Berrien Springs Partnership Lab Syllabus and Instructor Qualifications

COMMUNITY CLASS TITLE: Climb and Gym

GRADE OR AGE LEVELS: Age 7+

FORMAT: In-person

DAY AND TIME OF THE WEEK: Mondays 10am-12pm

TOTAL REQUIRED HRS: 16 **ADD'L POSSIBLE HRS (OPTIONAL TIME):** 4

TOTAL SEMESTER HOURS POSSIBLE: 16

LOCATION: Homeschool Nexus - 1870 Union Ave, Benton Harbor

INSTRUCTOR: Jon Bunnell

CONTACT INFORMATION: phone: 269-308-2518 email:
jbunnell2003@icloud.com

ADDITIONAL REGISTRATION AT SITE REQUIRED? Waiver must be
filled out prior to first class

INSTRUCTOR QUALIFICATIONS (may attach a separate page if necessary):

Certified in First Aid/CPR, Lifetime Athlete

COURSE DESCRIPTION (OVERVIEW):

This course is physical education made fun. The first hour of every class will be dedicated to indoor sports to include, but not limited to, dodge ball, sideline soccer, gaga ball, and different variations of tag. There will also be stations set up with 6 square, and other perimeter games. The second hour is dedicated to rock climbing, bouldering, and caving.

SYLLABUS/OUTLINE: WEEKLY BREAKDOWN OF PROJECT-BASED LEARNING LAB ACTIVITIES

Week 1: Dodge and Climb

Week 2: Kick and Climb

Week 3: Roll and Climb

Week 4: Chase and Climb

Week 5: Open Gym and Climb

Week 6: Open Gym and Climb

Week 7: Open Gym and Climb

Week 8: Open Gym and Climb

Describe activities that will reinforce the lesson. Include any work and time to be required outside of class: Students will be encouraged to practice games at home and incorporate physical fitness into their everyday routines.

COURSE OBJECTIVES AND APPROXIMATE TARGET DATES:

The goal of the course is to stay active during the winter months, meet new friends, and spend time away from screens.

Steps to check for student understanding, along with dates or # of weeks into class: Skills will be practiced and applied every week. Discussion quizzes will be given on simple nutritional principals every week.

STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?

Students will complete a simple physical fitness test at the beginning and end of the semester to help them evaluate their own physical fitness improvement.

- 1) Student agrees to attend at least 80% of class sessions/lessons offered. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

ADDITIONAL RESOURCES: (online, books, video, etc.):

CLASS POLICIES: ATTENDANCE, BEHAVIOR, WEATHER, ETC.

Attendance: Must meet the 16-hour requirement

Weather: No make-up classes for inclement weather

Required equipment: Clothing made for fitness.

***Please dress modestly (mid-section covered, shorts**

below fingertips, no see through tank tops, no bra

straps showing)*